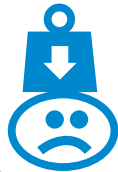


The researchers found that there were six overarching themes that characterized patients' experiences of living with PsA and psoriasis



1 Suffering uncontrollable and ongoing upheaval – patients felt their disease was dictating their life and disrupting family and social roles



2 Weighed down by a mental load – included anxiety about severe symptoms, feelings of helplessness, and unrecognized distress



3 Harboring shame and judgement – in relation to visible skin symptoms



4 Demoralized by inadequacies and burden of therapy – due to unmet treatment expectations, lack of personalized care and inconvenient treatments



5 Gaining control – some patients described how they were able to make sense of and accept their disease, feel more in tune with their body and ultimately regain a sense of independence and normality



6 Making confident treatment choices – patients were able to trade off concerns about safety and convenience for the benefits of their medications, rely on advice from family members and seek empowering reassuring relationships